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Everything you need to know about this year's balloon inflation party. 21

Charlie Rose fired amid harassment claims. 10

Previewing the NFL's Thanksgiving games. 24

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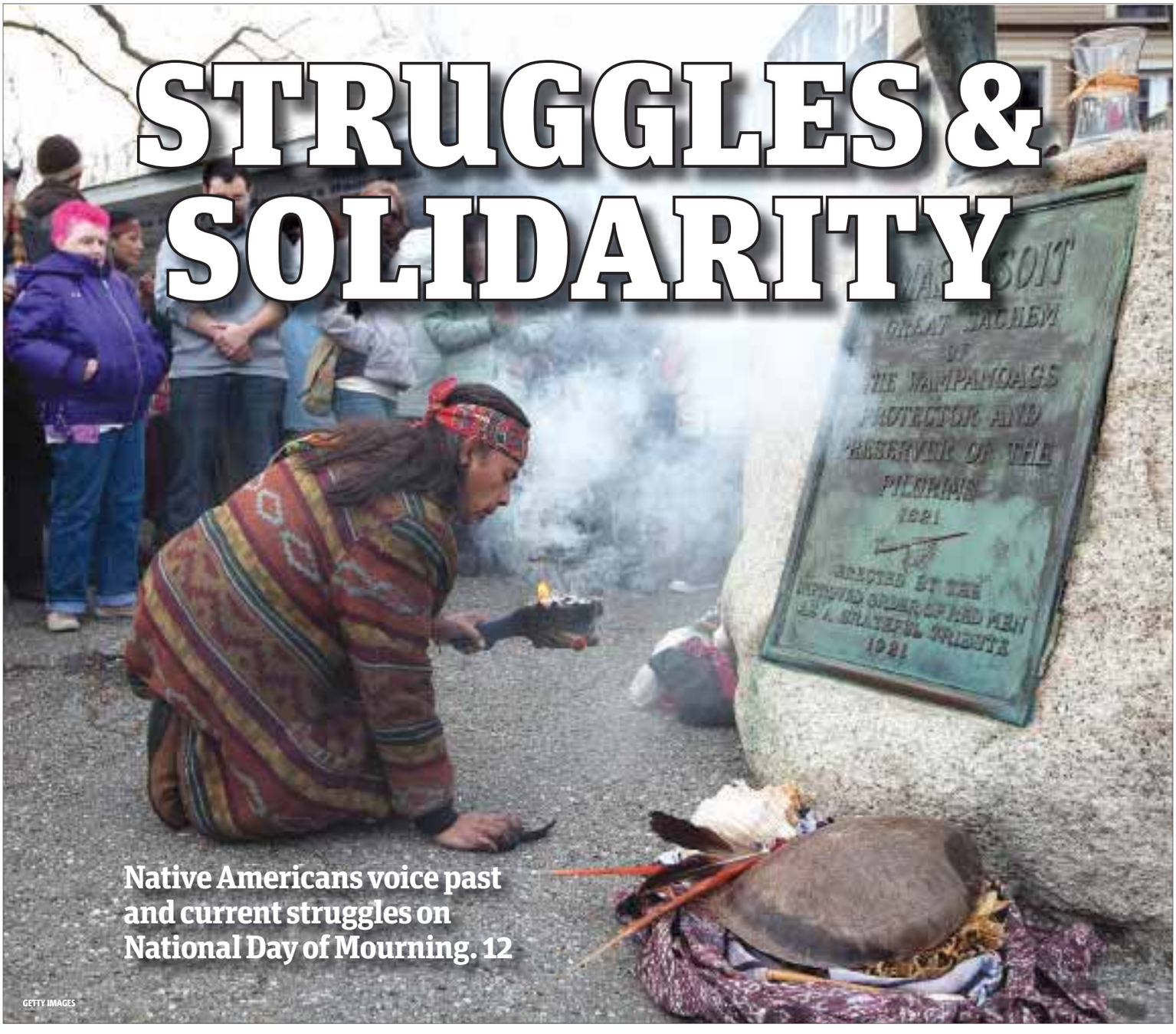

Native Americans voice past and current struggles on National Day of Mourning. 12

GETTY IMAGES

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KRISTIN TOUSSAINT, REPORTER

This Thursday, as families sit down for their Thanksgiving meals, Native Americans and their allies will take part in the 48th annual National Day of Mourning. It's a day set aside to raise up Native voices and to share the true history of Thanksgiving and the issues that still plague indigenous people today. I spoke with Mahtowin Munro of the United American Indians of New England about why this tradition is so important. Read more inside and at **metro.us.**

MUGABE RESIGNS, ENDING FOUR DECADES OF RULE

1 Robert Mugabe resigned as Zimbabwe's president on Tuesday, a week after the army and his former political allies moved to end four decades of rule by a man once feted as an independence hero who became feared as a despot. His former vice president, Emmerson Mnangagwa, whose sacking this month prompted the military takeover that forced Mugabe out, will be sworn in as president on Wednesday or Thursday, Patrick Chinamasa, legal secretary of the ruling ZANU-PF party, told Reuters. The 93-year-old Mugabe had clung on for a week after an army takeover, with ZANU-PF urging him to go. He finally resigned moments after parliament began an impeachment process seen as the only legal way to force him out. Mugabe, who has been confined to his Harare residence, did not appear.

FCC CHIEF PLANS TO DITCH 'NET NEUTRALITY' RULES

2 The head of the Federal Communications Commission unveiled plans to repeal landmark rules that prohibited internet service providers from impeding consumer access to web content in a move that promises to recast the digital landscape. FCC chief Ajit Pai, a Republican appointed by President Donald Trump, said the commission will vote at a Dec. 14 on his plan to rescind the so-called net neutrality rules championed by former President Obama that treated internet service providers like public utilities. The rules barred broadband providers from blocking or slowing down access to content or charging consumers more for certain content. They were intended to ensure a free and open internet, give consumers equal access to web content and prevent broadband service providers from favoring their own content.

GETTY IMAGES

PRESIDENTIAL PARDON

3 President Donald Trump, first lady Melania Trump, their son Barron, National Turkey Federation Chairman Carl Wittenburg and his family and members of the Draper County, Minnesota, 4-H chapter pose for photographs after Trump pardoned, Drumstick, the National Thanksgiving Turkey in the Rose Garden at the White House on Tuesday. Following the presidential pardon, the 40-pound White Holland breed, which was raised by Wittenburg in Minnesota, will then reside at his new home, Gobbler's Rest, at Virginia Tech.

IRANIAN CHARGED IN 'GAME OF THRONES' HACK

4 U.S. prosecutors have charged an Iranian national with hacking into HBO and stealing episodes and plot summaries for unaired programs including "Game of Thrones," then threatening to release the data unless he was paid $6 million. Behzad Mesri, also known as "Skote Vahshat," was charged with the hack in a sealed indictment by the U.S. Attorney's office in Manhattan. Acting U.S. Attorney Joon Kim said at a news conference that Mesri was in Iran. He said Mesri would face consequences even though U.S. authorities could not immediately arrest him. "He will never be able to travel outside of Iran without fear of being arrested and brought here," Kim said. Kim described Mesri as an "experienced and sophisticated hacker who has been wreaking havoc on computer systems around the world for some time."

TRUMP DEFENDS SENATE CANDIDATE MOORE

5 President Donald Trump defended embattled U.S. Senate candidate Roy Moore on Tuesday, saying the Alabama Republican had denied allegations of sexual misconduct and emphasizing that he did not want Moore's Democratic opponent to win. Trump has previously said that Moore should step aside if the allegations were true. Trump, speaking to reporters at the White House before leaving Washington for Florida, left open the possibility of campaigning for Moore, saying he would make an announcement on that next week. "Roy Moore denies it, he totally denies it," Trump said. Trump's position is a break from that of other national Republicans. Republican U.S. Senate Majority Leader Mitch McConnell and other prominent lawmakers have pressed Moore to quit the race.

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Looking back at the Macy's Thanksgiving Day Parade through the years

The annual event is one of the largest parades in the country.

LENYON WHITAKER
@MetroNewYork
letters@metro.us

The Macy's Thanksgiving Day Parade takes place every year in the heart of New York City and marches more than 2 miles from 77th Street and Central Park West, ending at Macy's Herald Square located at 34th Street and Sixth Avenue. The parade celebrates the official start of the Christmas season.

The New York City Macy's Thanksgiving Day Parade is considered to be the largest parade in the world, drawing over 3 million attendees and over 50 million watching the broadcast on TV or online. The parade has become a fun-filled family event and a Thanksgiving Day tradition.

Each year, Macy's introduces new floats and larger-than-life balloons to the parade while keeping the classics such as Ronald McDonald, Spiderman and various Sesame Street characters.

The Macy's parade began in 1924 but as you can imagine, it wasn't as big of a spectacle as it has become today. In the early 1920s, the official name of the parade was the "Macy's Christmas Parade."

The first parade was held to celebrate the grand opening of the Macy's flagship location at Herald Square. The celebrate the opening of the "World's Largest Store," the company decided to have a parade on Thanksgiving morning to honor the special occasion.

The main attractions of the first Macy's parade were animals borrowed from the Central Park Zoo. Elephants wearing large "Macy's" banners walked the parade route during the parade. It wasn't until 1928 that large helium balloons were used.

Despite the effects of the Great Depression, the Macy's Thanksgiving Day parade grew larger and larger. By the early 1930s, about 1 million people were attending the Macy's Thanksgiving Day Parade.

As the years went on, the parade grew in size and popularity featuring more floats, balloons, marching bands and performances each year.

The Macy's Thanksgiving Day Parade in New York City is considered to be the largest parade in the world, drawing over 3 million attendees and over 50 million watching the broadcast on TV or online. ALL PHOTOS GETTY IMAGES

Chicken Little floats down Broadway during the 2004 Macy's Parade.

As Popeye (who was followed by Santa Claus) helps bring Macy's Thanksgiving Day parade to close, four children look on.

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Seven-hour 'Cold Hudson' doc offers alternative to sports, parades on Thanksgiving Day

Slow down and enjoy your time with loved ones on Thanksgiving with this documentary on in the background.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

The holidays are hectic. There's the flurry that is preparing the Thanksgiving meal, the football games and parades to catch on TV and the pressure of Black Friday.

Filmmaker Billy Wirasnik thinks everybody could benefit from slowing down. This Thanksgiving, he's helping people do just that with his film "Cold Hudson," a seven-hour "slow" documentary.

"Cold Hudson" chronicles, in real time, the journey of the United States Coast Guard Cutter Sturgeon Bay as it navigates the Hudson River.

The 140-foot vessel's main job is to traverse the river all winter long, breaking up the ice and clearing travel paths.

In February 2015, Wirasnik filmed the Sturgeon Bay's voyage, turning that footage into this uncut seven-hour shot. The film gives the viewer a bird's-eye, or captain's-eye, view of that journey.

"[The crew] travels that route every day, and it's a beautiful, beautiful route — especially in the dead quiet of winter," Wirasnik said. "You're alone in the river, and it's this magical space that belongs to you."

"With [regular] TV, you sit and stare, but slow TV offers an alternative to this format. Watching and listening become optional."

Billy Wirasnik

He's shown the film at private screenings and installation spaces, but on Thanksgiving, WLIW will broadcast it all, with no commercial breaks. He thinks it will be a perfect backdrop to the holiday.

"With [regular] TV, you sit and stare, but slow TV offers an alternative to this format," he said. "Watching and listening become optional."

It may seem counter-intuitive to create a film that is meant to fade into the background or be talked over, but that's exactly Wirasnik's hope. Especially on Thanksgiving, it's an "experimental alternative" to loud parades or sports games.

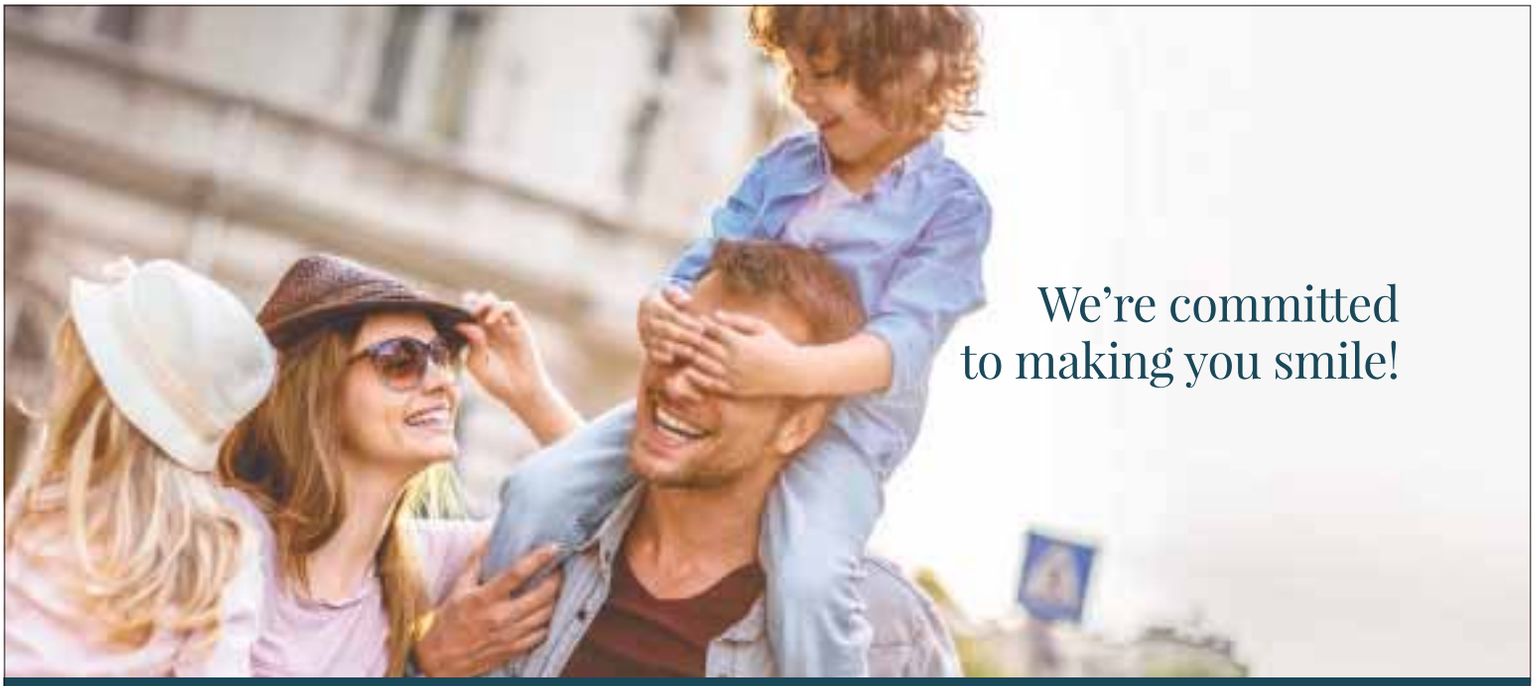
Wirasnik compared "Cold Hudson" to the Yule Log many families "watch" on Christmas: cinematic scenery for the family festivities. There's no dialogue in "Cold Hudson," but he hopes the film itself can spark some discussions.

"Slow films can provide a conversation backdrop," Wirasnik said. "I hope it inspires conversations, maybe about the river, about clean water, maybe just about interest in that space. We do call out a few landmarks along the Hudson, so maybe even a story someone has about a place they've been before."

"Cold Hudson" will air on WLIW, Channel 21, beginning 11 a.m. Thanksgiving Day. Wirasnik believes it's the first public media broadcast of slow TV in the United States. The genre is already popular in Norway.

"In Norway, [slow TV] is popular because they have such an appreciation for land, and a life pace we've never learned," he said. "It might be just the kind of thing we need to be able to talk to each other. … And there nowhere else on TV that you can show something without a commercial break."

"Cold Hudson" is a seven-hour documentary about a Coast Guard ice cutter vessel. PROVIDED BY SLO MEDIA



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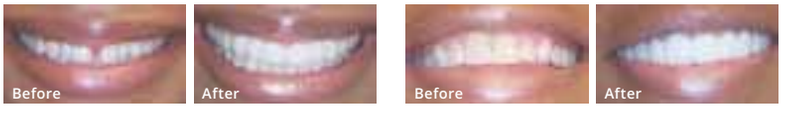

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Ride into New York City's past with the MTA Holiday Nostalgia Train

The holiday train is an annual tradition where longtime New Yorkers can bask in nostalgia and new New Yorkers can learn some history.

KIMBERLY M. AQUILINA
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The MTA holiday train. The vintage cars. The shopper's special. Whatever you call it, it's back.

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The holiday train is made up of subway cars that were in service from 1932 to 1977. Vintage, babe. But back in the day, the incandescent lighting, ceiling fans and padded seats were a futuristic leap.

Far from your average subway ride, straphangers can chill in the wicker seats of the cars that have been out of service for more than 30 years.

With just a swipe of your Metro card (undoubtedly much more than the original Metro fare), you can bask in the nostalgia of an age-gone-by as New Yorkers wait for the next phase of subway renovations.

When does the holiday train run?

The holiday train will run every Saturday through the new year: Nov. 25, Dec. 2, Dec. 9, Dec. 16, Dec. 23 and Dec. 30.

The first trip departs Second Avenue at 10:01 a.m. and the final return trip leaves Queens Plaza at 4:44 p.m. All M subway line stops will be made along the way.

Holiday train full schedule

The holiday train leaves Second Avenue at 10:01 a.m., 11:31 a.m., 1:01 p.m., 2:30 p.m., 4:01 p.m.

The holiday train leaves Queens Plaza at 10:44 a.m., 12:14 p.m., 1:43 p.m., 3:14 p.m. and 4:44 p.m.

Holiday buses

From Dec. 5 through the 21, those who prefer wheels on the ground can take a bus ride back to the '50s and '60s as the annual vintage bus tradition continues.

The "historic coaches" will be making runs river to river along 42nd Street in Manhattan making all stops on the M42 route between 9 a.m. and 5 p.m. on weekdays (weather permitting).

"Customers who come out for a ride on one of our vintage buses can see for themselves how far our fleet has come and see how our bus designs have evolved over time," said President of MTA Bus Company and Senior Vice President of NYC Transit Department of Buses Darryl Irick. "Our buses from the 1950s, for example, were the first to have some amenities that customers may recognize, such as push-type rear exit doors and fluorescent lighting, or comforts they might take for granted, such as air conditioning and air-ride suspension for smoother rides like the ones we still provide."

Holiday buses to look for, per the MTA

Bus No. 2969, a GM model TDH 5101 designed in 1949 is known as the Jackie Gleason bus for its resemblance to the one driven by Gleason's character, Ralph Kramden, in the television show "The Honeymooners."

Another vintage GM bus, No. 9098, is a model TDH 5106 that longtime New York residents might remember for its distinct two-tone green color scheme and its fiberglass seats, a change from earlier buses with cushioned seating that was prone to vandalism.

On Saturdays, the first trip departs Second Avenue at 10:01 a.m. and the final return trip leaves Queens Plaza at 4:44 p.m. FLICKR/MTAPHOTOS

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Broadcaster Charlie Rose fired amid sexual harassment claims

The journalist said he's embarrassed and apologized for exposing himself and groping the victims.

MICHAEL MARTIN
@MetroNewYork
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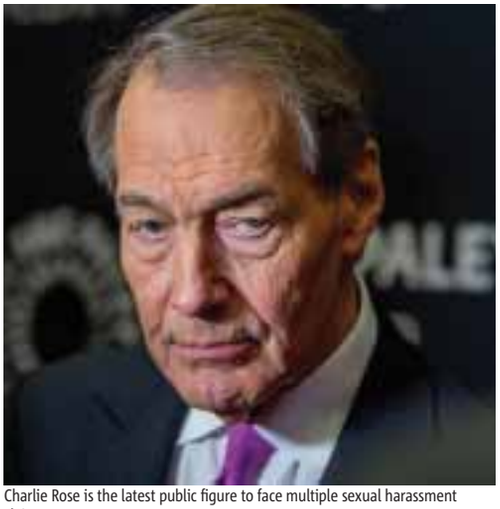

Charlie Rose is the latest public figure to face multiple sexual harassment claims. GETTY IMAGES

Veteran journalist Charlie Rose, who on Tuesday was fired from his positions at CBS and PBS, has apologized after eight women accused him of sexually harassing them, from walking around naked in front of them to groping their breasts and genitals.

The women were employed, or hoping to be, at PBS' "Charlie Rose" show from the late '90s to 2011, the Washington Post reported. Rose, 75, hosts "CBS This Morning" and contributes to "60 Minutes." He rose to fame in the '80s as the host of "CBS News Nightwatch." The Post reported that the women's allegations had similar trends — that Rose would put his hand on their legs to gauge their reactions, walk out of the shower naked in front of them on a business trip or at his house, or grope them.

Rose did not deny the allegations. "In my 45 years in journalism, I have prided myself on being an advocate for the careers of the women with whom I have worked," Rose said in a statement to the Post. "Nevertheless, in the past few days, claims have been made about my behavior toward some former female colleagues.

"It is essential that these women know I hear them and that I deeply apologize for my inappropriate behavior. I am greatly embarrassed. I have behaved insensitively at times, and I accept responsibility for that, though I do not believe that all of these allegations are accurate. I always felt that I was pursuing shared feelings, even though I now realize I was mistaken.

"I have learned a great deal as a result of these events, and I hope others will too. All of us, including me, are coming to a newer and deeper recognition of the pain caused by conduct in the past, and have come to a profound new respect for women and their lives."

Rose often gave unsolicited shoulder rubs known as "crusty paw," a former employee said. A former intern said Rose groped her breasts and stomach during a car ride. One of Rose's assistants in the mid-2000s said there were at least a dozen instances when Rose walked around naked in front of her. She told the "Post" that when she confided in a mutual friend about it, Rose fired her.

The Post interviewed nearly two dozen additional former employees of Rose. Six said they saw harassment, eight said they saw behavior by Rose that made them feel uncomfortable, and 10 said they never saw or heard anything concerning.

Others described ritualistic behavior such as "the shower trick," in which Rose would summon young female employees to his home to work at night, then got into the shower and called for them to join him.

PBS, CBS and Bloomberg, which have all employed Rose, said there was no record of sexual harassment complaints against him.

Rose was married once but divorced in 1980, and he has a long-time reputation as something of a player. Norah O'Donnell, his "CBS This Morning" co-host, once introduced him at a 2014 fundraiser by joking, "We're all here because with Charlie Rose, one woman is never enough."

"I have behaved insensitively at times, and I accept responsibility for that, though I do not believe that all of these allegations are accurate. I always felt that I was pursuing shared feelings, even though I now realize I was mistaken."

Charlie Rose

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Native Americans voice past and current struggles on National Day of Mourning

The annual tradition is held annually in Plymouth, Massachusetts, with natives and non-natives coming from all over to stand in solidarity with indigenous people.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

The story of Thanksgiving is often presented as a heartwarming, welcoming tale in which Pilgrims and Native Americans came together to share crops, bonding over the feast.

But that story leaves out the struggles and horrors natives faced at the hands of those colonists, their descendants argue. That's why every year, Native Americans and allies gather at Cole's Hill, above Plymouth Rock where those Pilgrims first landed, for the National Day of Mourning.

An annual tradition since 1970, the National Day of Mourning is a time for Native American voices to truly be heard about both their ancestors' true histories and their community's current struggles, which are far too often silenced.

"Indigenous people give thanks all the time. We're not against giving thanks, and we're not against people having meals with their families," said Mahtowin Munro, co-leader of the United American Indians of New England (UAINE), which organizes the day.

"The real underlying issue is this idea that the Pilgrims were so wonderful and amazing, that they came over and native people were happy to see them, and they all sat down together and live happily ever after," she continued. "And that then, native people just faded away."

A statue of Massasoit, Sachem, or leader, of the Wampanoags, stands on a hill overlooking Plymouth Harbor. GETTY IMAGES

While Native Americans are represented in our depictions of Thanksgiving, they're barely visible the rest of the year. While the Day of Mourning does address that buried history, it also serves as a time to talk about current issues indigenous people face.

Last year, a focus of the day was in solidarity with the water protectors at Standing Rock. This year, the 48th Day of Mourning, UAINE wanted to give attention to those in Mexico, Puerto Rico and throughout the Caribbean who are still rebuilding their lives after devastating earthquakes and hurricanes.

"One of the things raised every year is that we didn't cross the border, the border crossed us. ...There were very severe earthquakes in Mexico, not only in Mexico City, but other areas with large indigenous populations, and we want to express solidarity for those people," Mahtowin said.

"With Puerto Rico and the Caribbean, that is the part of the world where [Christopher] Columbus and colonialism hit first," she added. "Because we've been colonized as a result of Europeans coming here, with our land taken from us, we certainly feel strong solidarity with them."

National Day of Mourning begins with an opening ceremony and blessing, followed by speeches and then a march down to Plymouth Rock and through the town, and the day ends with a potluck.

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MTA hires transit expert to modernize and improve aged subway system

Andy Byford comes to NYC Transit after five years of reducing delays, improving rider satisfaction and modernizing the Toronto Transit Commission.

NIKKI M. MASCALI
@MetroNewYork
nikki.mascali@metro.us

Come January, the MTA will have a little more help in making its Subway Action Plan to improve and modernize New York City's aged and decrepit subway system a reality.

The agency announced Tuesday that Andy Byford, CEO of the Toronto Transit Commission (TTC), has been named president of New York City Transit, the MTA organization that oversees subways, buses, paratransit services and the Staten Island Railway.

"New York City's public transit system has driven New York City to become the bustling, successful metropolis that it is, and it's an honor to be trusted with the huge responsibility to modernize the system and bring it to the high levels of performance and customer service that New Yorkers truly deserve and rightfully expect," Byford said in a statement.

At the TTC, which serves 1.8 million riders daily and is North America's third-largest public transit system, Byford developed a plan to modernize the system and improve operations, subsequently reducing subway delays, obtaining record customer satisfaction levels, updating its signal system and helming a subway line extension.

Under Andy Byford's leadership, the Toronto Transit Commission (TTC) was named Outstanding Transit System of the Year for 2017 by the American Public Transportation Association. TTC

"... it's an honor to be trusted with the huge responsibility to modernize the system and bring it to the high levels of performance...that New Yorkers truly deserve and rightfully expect."
Andy Byford

As a result, the TTC was named Outstanding Transit System of the Year for 2017 by the American Public Transportation Association.

"We are thrilled that Andy is going to lead NYC Transit during this time of great change," MTA Chairman Joseph Lhota said. "Our transit system is the backbone of the world's greatest city, and having someone of Andy's caliber to lead it will help immensely, particularly when it comes to implementing the Subway Action Planthat we launched this summer.

"We needed a leader who has done this work at world-class systems and Andy's successes in Toronto are evidence that he is up to this critically important task."

SIX FAST FACTS ABOUT NEW NYC TRANSIT PRESIDENT ANDY BYFORD

- CEO of the Toronto Transit Commission, North America's third-largest public transit system, for past five years
- He oversaw a modernization plan that improved operations, reduced delays and achieved record customer satisfaction levels
- Under his leadership, the TTC updated its signal system and extended a subway line
- Due to those successes, the American Public Transportation Association named TTC Outstanding Transit System of the Year for 2017
- He was chief operating officer of Australia's largest transit system in Sydney
- He spent 14 years with London Underground, overseeing three of its busiest subway lines — and increases in straphanger satisfaction and operational performance

Drinksgiving: The booze holiday you didn't know you observed

Americans will be throwing back their favorite alcoholic beverages this Drinksgiving. GETTY IMAGES

Some call it Drinksgiving, others call it Blackout Wednesday, but anti-binge-drinking advocates seem to agree: It's bad for our safety.

Drinksgiving happens on the night before Thanksgiving, when revelers return to their hometowns to kick off the holiday weekend with family and friends.

While it's no secret that the holiday season is known for binge drinking — high-risk drinking and DUI-related injuries skyrocket by an average of 33 percent in the five weeks between Thanksgiving and New Year's Eve — Blackout Wednesday leads the pack.

In some cities, Drinksgiving is the day of the year that sees the most DUIs and hospitalizations due to alcohol consumption. According to MADD, more people are killed during the Thanksgiving holiday than the Christmas holiday.

But it's not all bad news, especially for the service industry.

Restaurant management platform Upserve reported a 23 percent increase in restaurant sales on Drinksgiving, mainly booze. Beer sales increased 270 percent, liquor sales grew by 114 percent and food orders went up 28 percent.

The pre-Thanksgiving holiday started gaining popularity around 2012, when bars and liquor stores started noticing record alcohol sales for that one day.

Liquor-delivery app Drizly recently conducted a survey of its customers' drinking habits on the holidays and found that wine is the most popular Thanksgiving drink, with 63 percent of people opting for it. Twenty percent of people reach for beer, with the remaining customers choosing mixed liquor drinks.

The survey found that most people will consume between three to five alcoholic drinks on Thanksgiving Day, with 8 percent of drinkers losing count. MORGAN ROUSSEAU

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NYC TERROR ATTACK

Sayfullo Saipov was indicted by a federal grand jury on Tuesday. GETTY IMAGES

Man charged with terrorism, murder in New York truck attack

A federal grand jury on Tuesday indicted Sayfullo Saipov on terrorism and murder charges stemming from last month's truck attack in lower Manhattan in which eight people were killed, the U.S. Justice Department said in a statement.

Saipov was arrested immediately after the Oct. 31 attack in which he plowed a truck down a New York City bike lane and has been in federal custody.

The indictment charged Saipov with eight counts of murder, 12 counts of attempted murder, one count of providing and attempting to provide material support to Islamic State and one count of violence and destruction of a motor vehicle resulting in death, the Justice Department said.

Saipov, an Uzbek immigrant, was hospitalized after he was shot by a police officer and arrested.

Islamic State claimed responsibility for the truck attack, which was the deadliest assault on New York City since Sept. 11, 2001.

Five of the victims were Argentinians who were part of a group in New York to celebrate the 30th anniversary of their high school graduation. A Belgian woman, a New Yorker and a New Jersey man were also killed.

REUTERS

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- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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Can This Medical Technology Possibly Eliminate Or

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Kno

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: <u>There is no one treatment that will help every case of back pain.</u> And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impaits" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and i*s not surgical.*

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

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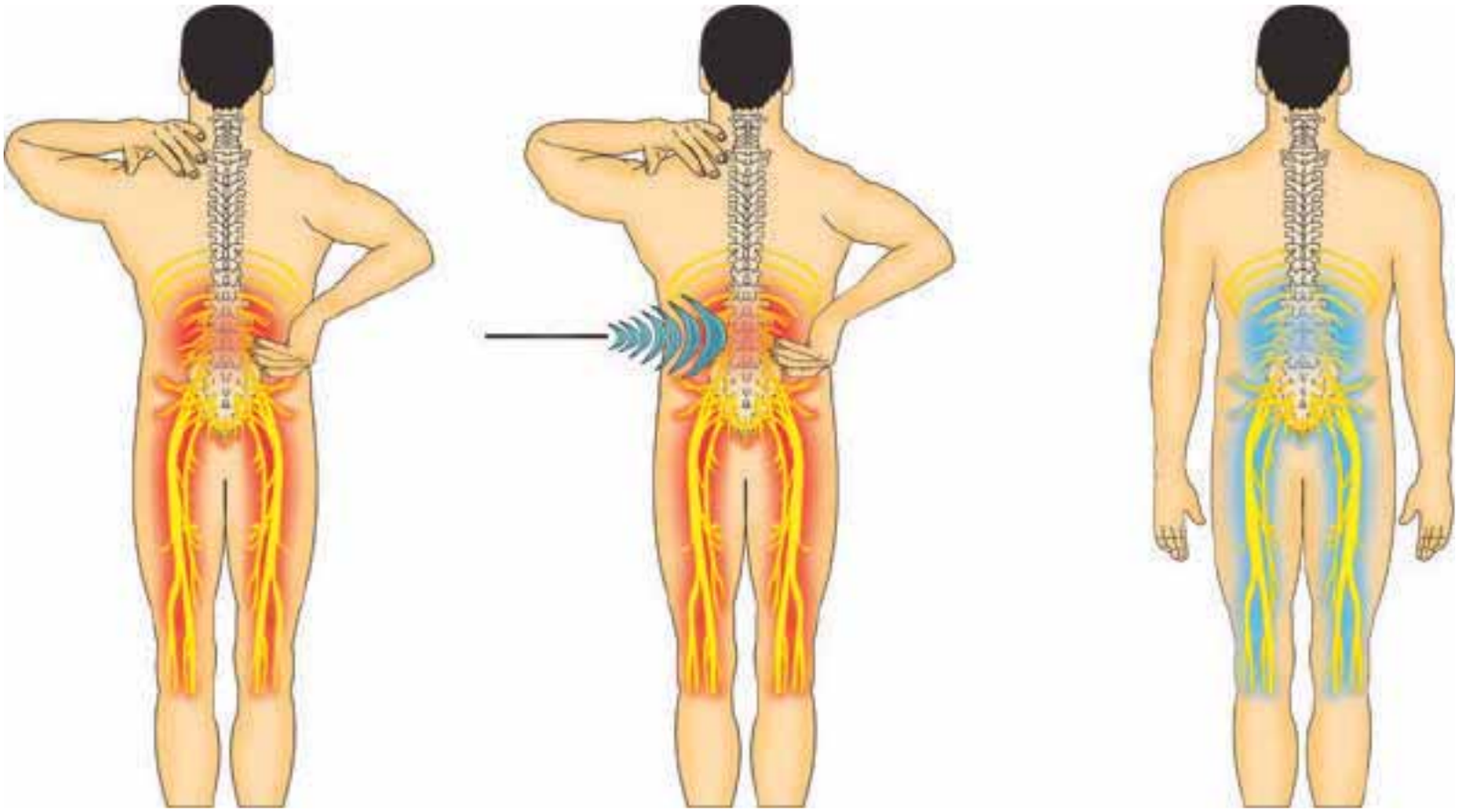

Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

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NYC PAIN MD

"Non Surgical Medical Relief For Spine & Joint Pain"

Meet the new Nola Darling

We chat with DeWanda Wise, who stars in Netflix's original series adaptation of Spike Lee's classic "She's Gotta Have It."

KATE MOONEY
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Today's Nola Darling (DeWanda Wise) puts her career as an artist before her trio of boyfriends. Painting by Brooklyn artist Tatyana Fazlalizadeh. NETFLIX

The new Nola Darling has bigger things to worry about than appeasing her suitors.

In the Netflix modernization of Spike Lee's "She's Gotta Have It," a 10-part series directed by Lee, the year is 2016. Our girl still juggles dates with Greer, Mars and Jamie — basically a hotation, as Issa Rae dubs her rotating cast of hookups on "Insecure" — but she's also a talented artist, striving to make it and make her rent. (She can barely afford her Fort Greene one-bedroom, even though she pays an old-school rate because her godmother owns the building.)

"We brought her career to the forefront, which was very important because it calls into question what the 'it' is in 'She's Gotta Have It,'" says newcomer DeWanda Wise ("Shots Fired"), who stars as Nola.

The new telling also gives Nola close female friendships, which she takes more seriously than her paramours. And while 1986 Nola was definitely a feminist, today she engages with the issues head-on, whether it's calling out the misogynistic attitudes of her lovers, or, post-sexual assault, launching a street-art campaign akin to the real-life "Stop Telling Women to Smile" series by Brooklyn artist Tatyana Fazlalizadeh (the artwork attributed to Nola in the show is, in fact, Fazlalizadeh's).

Ahead of the series' Thanksgiving Day premiere, we spoke with Wise about dating, Nola Darling-style, how the show tackles female body-image issues and why she won't list her age on her IMDB profile.

GETTY IMAGES

Are the new Greer, Mars and Jamie more woke than their original versions? In episode three, when Nola wears a sexy black dress on dates with each of them, they all basically slut shame her.

[Laughs] There's nothing worse than an a—hole parading around as a nice guy.

We're definitely exploring making these men that you wouldn't immediately be like, "Why are you with them, they're a—holes?" but also toeing that line of "Some things have changed, but a lot has remained the same" when it comes to how men feel ownership of women.

You're married, but when you were single, what was your experience dating and how does it compare to Nola's?

I've dated a lot. I remember being like, "This is my carpenter, this is my photographer." It was never like, "Oh, this is the full human being." I called it "recreational dating."

It's not bad, but it was bad the way I was doing it. I think to presume that you can enter unencumbered in and out of people's lives is not realistic. When I was dating, I was definitely a heartbreaker. What I love about Nola and what I think is different about her approach is that she's trying to be transparent and open about it, which is really hard. Because then you have to have conversations which you may or may not feel like having.

Let's talk about Nola's friend Shemekka [Chyna Layne] and her experience getting, for lack of a better descriptor, back-alley butt implants.

There is this undercurrent of these superseedy procedures that we haven't talked about a lot. I've seen a "Nightline" special maybe once. Or that show "Botched" has had examples of this.

When we're living in a culture where we have this new hourglass, hyper-feminized body aesthetic which has emerged in the last 10 years — I'm not naming names! — it's really toxic because most people don't have the access to get those procedures done in a way that's safe. For Shemekka, she's a dancer, she's a stripper. It impacts her work. We're bombarded with these images on a daily basis that say, "This is what it means to be a woman." Those are the images kids are seeing. Whether or not [celebrities] believe they should be role models, that's what it is. They're following you on Instagram.

You don't have your age listed on your IMDB page. Is that intentional?

Oh, yeah. Last year, I did three shows. The first project I worked on, Shameeka [in "Shots Fired"] was 34. The second, Clara [in "Underground"] is 20. Nola turns 27. So, I like to keep my options as wide and open and not in a box as humanly possible. I'm gonna play a 60-year-old next, it's gonna be great. [Laughs]

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Miguel dreams of following in the footsteps of his Great-Great Grandfather and becoming a famous musician.

Miguel and his ancestors in the spirit world. ALL PHOTOS PIXAR

'Coco' breaks down the border wall with a holiday story about family

Pixar's focus on cultural sensitivity helps create an inclusive movie for everyone.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

"We may have our differences, but nothing's more important than family," says Miguel, the star of the latest Pixar film that follows the young boy's journey to the world of his ancestors on Mexico's Day of the Dead, or Día de Muertos.

And while director Lee Unkrich (who brought us two "Toy Story" movies, as well as "Monster's, Inc." and "Finding Nemo") started pitching the idea for "Coco" six years ago, the relations between the U.S. and Mexico have certainly gone south. So it was vitally important to approach the topic carefully. "Doing a 'Hollywoodized' version of 'Coco' would have been the biggest mistake that we could have made," he says. "I knew I had this enormous responsibility to come up with a story that would be culturally accurate and respectful and avoid cliché and stereotypes. That was very important from the very beginning."

How did Unkrich accomplish that? "We knew we wanted an entirely Latino cast," he shares, "and we employed a team of cultural advisers to be involved in the making of the film."

The latter was a particularly big step for Pixar, a company that's known to be very insular. "This was unprecedented for us at the studio," says Unkrich. "We'd never let people into our inner fold and let them be part of the making of a film."

Those of us unacquainted with the Day of the Dead holiday may find it morbid at first glance, and focus on the macabre elements of the circle of life, but Unkrich doesn't feel that way. "There was something interesting to me about the juxtaposition of skeletons with bright festive colors or celebration. And I learned the meaning behind the holiday, what it's all about, and how central family is to it. It's ultimately a celebration — not of death, but life — about remembering our loved ones and making sure their stories are passed along."

To do so on the big screen, Pixar had to create this otherworldly spirit universe for Miguel to explore.

"Our Land of the Dead was inspired by real places that we visited; real cities, real color, design and architecture," Unkrich says. "We wanted it to be fantastical but at the same time recognizable and relatable. Visually rich, this feel-good film will also leave you hungry if you're not taking it in just after Thursday's turkey; Día de Muertos is just as food-focused as Thanksgiving!

"Coco" is in select cinemas now.

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The Nightmare comes to life

Danny Elfman on the miracle of Nightmare Before Christmas, which he's performing live at Barclays Center next month.

EVA KIS
@thisiskis
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Halloween has always been a time for laughter for Danny Elfman.

"Halloween was freedom," recalls the composer of growing up in Los Angeles. "In my neighborhood, parents didn't go out with us. It was the night when the kids took over, and the fact that you're in costume, so you're in character, made it even more special and more fun."

Combine that with Elfman having a favorite "fun scary" movie by age 6 — an outlanding creature feature called The Beast of Five Fingers — and it explains a lot about the buoyant and curious feel of his scores for movies like "Beetlejuice,""Edward Scissorhands" and "The Nightmare Before Christmas."

The latter film came out in 1993 and has since become a holiday tradition for many families. This year you can do one better at Nightmare Before Christmas Live at Barclays Center, a screening of the film with a live musical score starring the original voices of Elfman as Jack Skellington, Catherine O'Hara as Sally and Ken Page as Oogie Boogie.

"It's really an interesting challenge," he says, for both him and the orchestra. "The music almost never stops; there is probably not music in one minute of a 75-minute film."

For the encore, Elfman likes to treat the audience to his own version of Oogie Boogie's Song, but otherwise "we're really not about reimagining the songs. This show is really true to 'Nightmare Before Christmas.'"

If you go

Nightmare Before Christmas Live
Dec. 6 & 7, 8 p.m.
Barclays Center
620 Atlantic Ave., Brooklyn
$35+, barclayscenter.com

Nightmare Before Christmas Live screens the classic film with live performances by the original cast. DISNEY PICTURES

How 'Nightmare' became reality

Though the premise is wildly outlandish — that anyone would think they can do Christmas better than Santa Claus! — Elfman says the idea of a town where it was always Halloween appealed to him immediately.

Danny Elfman
GETTY IMAGES

Writing the music happened in one frenzied month as creator/producer Tim Burton brought him character sketches and told him bits of the story in poem form.

"We did it very quickly, we wrote all 10 songs in 30 days," he says. "When I wrote the first draft, we went into the studio and did an all-nighter where I sang all the parts to all the songs except for Sally."

In that halcyon process, Elfman realized he'd have to have more of a role than just composer. "At a certain point I was like, 'Tiiiim, I'm really kind of starting to like singing these songs.' And he's like, 'Yeah, yeah, you'll sing them.'"

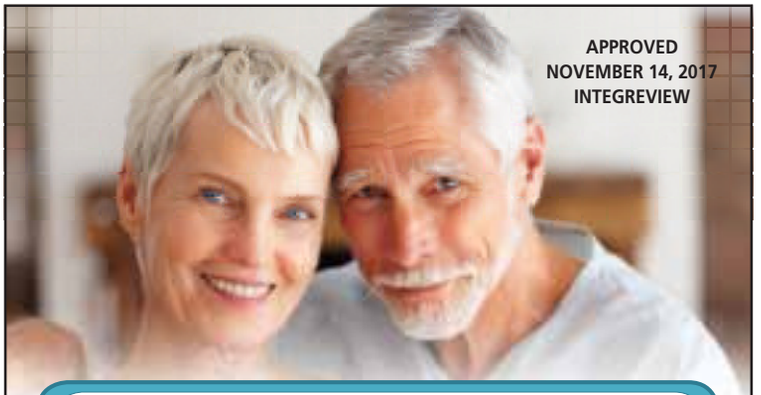
The 'miracle' movie

Though it's a classic now, "Nightmare" was such a departure for Disney that "it was a miracle it got made then because it's so weird," he recalls. "Disney had no idea what it was or what to do with it."

Elfman recalls every journalist saying the film might be too scary for kids — even though his audience while writing it included his 10-year-old daughter. "I tried out every song on her and the pictures, and she was delighted with all of it."

It also didn't look like any other animated film of its era like The Lion King, Beauty and the Beast and The Little Mermaid. "Coming into Nightmare Before Christmas, it was big culture shock: the style and the tone and what it was.

"The great irony," Elfman says, "is that generation after generation, friends and even strangers will send me videos of their 5- and 6-year-old kids singing songs from 'Nightmare.' Now, it's considered a kids' thing!"



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See the Macy's Parade come to life

Everything you need to know about this year's balloon inflation party on the Upper West Side.

EVA KIS
@thisiskis
eva.kis@metro.us

See the new balloons before their Macy's parade debut on Thanksgiving Eve. GETTY IMAGES

Before the Macy's Thanksgiving Day Parade can get underway, its iconic balloons must be brought to life.

The annual Macy's balloon-inflation ritual takes place Thanksgiving Eve, packing in its own crowds for a fun evening watching the 17 gigantic balloons be inflated around the American Museum of Natural History on the Upper West Side.

It's a great chance to get a better look at these impressive works of art much closer than you'll get even during the parade. Who doesn't love seeing SpongeBob SquarePants faceplanted on Columbus Avenue (he must be tired from his Broadway rehearsals)?

Revelers should know there are a few changes this year. The Macy's balloon inflation will start two hours early at 1 p.m. and end by 8 p.m.

The expected 200,000 balloon enthusiasts and families will have to pass through a security checkpoint at West 74th Street at Columbus Avenue. Backpacks are not allowed but strollers are fine, though not recommended because of the large crowd.

One way to skip the line: Go to the Natural History Museum and enjoy roaming its halls (have you managed to see the whole thing? We haven't.) until balloon time.

The balloons are inflated along a route from West 77th Street and Central Park West to Columbus Avenue, then north to West 81st Street and back toward the park.

Barricades along the sidewalk will keep you from actually being able to touch the balloons, but there's plenty to see as the balloons grow and need to be wrangled.

Once each balloon starts being inflated under nets weighed down with sandbags, it gets to full size pretty quickly, so get there early if you want to see all the action.

For 2017, there are four new character balloons:

• Olaf, from Disney's "Frozen," will be the second-tallest balloon in the parade at a towering 60 feet, just 2 feet shorter than Gregg Heffley from "Diary of a Wimpy Kid."

• The villainous Grinch, along with his dog Max, which are only the fourth double-act balloons in the parade's history.

• Jett from Super Wings, which will be the widest balloon, at 39 feet.

• And finally, the star of the most popular series among the preschool set, Chase from "Paw Patrol."

During the parade, it takes 2,000 handlers — that's 90 people per balloon! — to keep these larger-than-life heroes and pop-culture icons from floating away (or into Manhattan's historic buildings).

The 91st edition of the Macy's Thanksgiving Day Parade kicks off at 9 a.m. on Nov. 23 from 77th Street and Central Park West. Want to be among the 3.5 million people along the parade route? Plan to be in place by 6 a.m. with lots of layers, hot beverages and portable chairs.

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Tame your beast at the feast

Tips from dog trainer Annie Grossman on how to make your dog a gracious guest this Thanksgiving.

KATE MOONEY
@yatinbrooklyn
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Holidays, in their purest form, are about spending time with loved ones — family, friends, and, if you're a pet owner, your furry dependents. But large gatherings can prove difficult for dogs, who get overly excited by all the new people and, during Thanksgiving especially, the smells of so many tasty eats. (Honestly, same.)

There are steps you can take to keep your pup calm and comfortable during the holiday, though, as opposed to barking like crazy as each guest arrives or obsessively begging for table turkey scraps. Dog trainer Annie Grossman, founder of School for the Dogs in Manhattan, gives us practical tips for taming your beast at the feast.

Dog trainer Annie Grossman and her pup Amos.
MILLA CHAPPELL

Keep him busy with "work-to-eat toys"

Grossman is a fan of what she calls "work-to-eat toys," products like Kongs, Toppls, slow food bowls or Buster mazes, which conceal treats your dog has to dig out, or contain obstacles it has to navigate to get to the food. (You can even make your own, Grossman suggests: Fill an empty ice cube tray with kibble, or put food inside two plastic cups and fit them together.)

Giving your dog these tasty toys during the Thanksgiving meal will keep her entertained and less likely to badger guests at the table for handouts. As a break from the same tired dry food, fill the toys with Thanksgiving scraps, which contain plenty of dog-friendly eats like turkey, yams, potatoes, and string beans.

Make the floor the focus

Whether you're hosting the meal or you're a guest at someone's house, establish a designated place for your dog, be it a crate, dog bed or a towel on the floor, to keep her from overwhelming guests.

"You want them to have a spot where [they know] good things are going to happen," Grossman explains. Make that positive association by giving him treats or praise while he's sitting in his spot. Encourage your guests to approach your dog if they want to say hi, rather than waiting for the dog to greet them.

Distract her from the doorbell

If your dog is the type to go nuts when guests come to the door, barking at the bell and jumping up on them when they enter, Grossman has a tip for diverting her attention using the Treat & Train, a remote-control operated treat dispenser that works at a distance of 50 feet. Set it up far from the door, and as your guests arrive, trigger the remote control to release a treat. Although it's a bit pricey, "it's a great way to keep a dog in one spot without having to tend to them constantly," she explains.

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Kanter, KP creating fearsome frontcourt duo in New York

The two Knicks big men are playing an impressive, efficient brand of basketball together.

JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

There's something special brewing in the New York Knicks' frontcourt.

While Knicks fans and the NBA are clamoring over the play of Kristaps Porzingis, who has already shown that he can be a marquee man in New York through his first 15 games of the season, it seems as though he the young Latvian has found his sidekick among New York's big men in Enes Kanter.

And everyone got to see it firsthand on Monday night just how good they can be against the Los Angeles Clippers.

Porzingis and Kanter dominated Blake Griffin and DeAndre Jordan, coming up with a plus-10 rebound differential while outscoring the Los Angeles duo 37-31 on the night. Porzingis provided a game-high 25 points while Kanter added 12 of his own.

While Kanter is just beginning his career in New York after being traded from Oklahoma City, his success with Porzingis is nothing new.

Porzingis (27.6) and Kanter (13.8) are combining for 41.4 points and 17.7 rebounds per game.

Kanter is the only Knick who is averaging a double-double during the early portions of 2017-18.

The two have now spent 342 minutes on the floor together this season in 15 of the first 16 games. Only five other Knicks pairings have spent more time on the court together.

Among those top-six pairings, Porzingis and Kanter have been two of the Knicks' most efficient players:

That solid offensive rating mark (bottom of page) has a lot to do with Kanter and Porzingis' skillset near the basket. Both Knicks rank within the NBA's top six in points per post-up possession (minimum 25 possessions):

MOST MINUTES PLAYED
KNICKS PAIRINGS

TIM HARDAWAY JR. & PORZINGIS: 419 min.
COURTNEY LEE & PORZINGIS: 369 min.
HARDAWAY JR. & LEE: 357 min.
KANTER & LEE: 353 min.
HARDAWAY JR. & KANTER: 353 min.
KANTER & PORZINGIS: 342 min.

DEFENSIVE RATING

KANTER & LEE: 110.4
HARDAWAY JR. & LEE: 108.9
HARDAWAY JR. & KANTER: 108.9
KANTER & PORZINGIS: 107.2
LEE & PORZINGIS: 106.4
HARDAWAY JR. & PORZINGIS: 104.2

NET RATING

HARDAWAY JR. & PORZINGIS: 4.0
LEE & PORZINGIS: 1.2
KANTER & PORZINGIS: 1.1
HARDAWAY JR. & LEE: -2.0
KANTER & LEE: -3.8
HARDAWAY JR. & KANTER: -4.5

ASSIST TO TURNOVER RATIO

HARDAWAY JR. & PORZINGIS: 1.61
KANTER & PORZINGIS: 1.53
LEE & PORZINGIS: 1.44
HARDAWAY JR. & LEE: 1.44
KANTER & LEE: 1.40
HARDAWAY JR. & KANTER: 1.34

REBOUND PERCENTAGE

KANTER & PORZINGIS: 52.9%
HARDAWAY JR. & KANTER: 52.5%
HARDAWAY JR. & PORZINGIS: 52.5%
LEE & PORZINGIS: 52.4%
KANTER & LEE: 51.7%
HARDAWAY JR. & LEE: 51.3%

OFFENSIVE RATING

KANTER & PORZINGIS: 108.3
HARDAWAY JR. & PORZINGIS: 108.2
LEE & PORZINGIS: 107.6
HARDAWAY JR. & LEE: 106.9
KANTER & LEE: 106.6
HARDAWAY JR. & KANTER: 104.4

POINTS PER POST-UP POSSESSION
(MINIMUM 25 POSSESSIONS)

RONDAE HOLLIS-JEFFERSON (BKN)
1.16
ENES KANTER (NYK)
1.11
KARL-ANTHONY TOWNS (MIN)
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MARCIN GORTAT (WAS)
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Three games will ensure that football fans will have plenty of action to watch throughout Thanksgiving. GETTY IMAGES

A bettor's guide to the NFL's Thanksgiving

NFL fans will be able to feast on three games this Thanksgiving.

ROBERT CRISCOLA
@ItsGood2BeKing
sports@metro.us

MINNESOTA VIKINGS (-3) AT DETROIT LIONS:
12:30 PM ON FOX

The Vikings hope to turn the tables on Thanksgiving Day after a 14-7 loss to the Lions on Oct. 1 in which they atypically committed three turnovers. Minnesota hasn't lost a game since (6-0) and has covered in each of their last five contests.

The Lions have had a hard time going toe-to-toe with the cream of the NFL crop since beating the Vikings. Prior to their current three-game winning streak over the Packers, Browns and Bears, Detroit dropped three straight to the Panthers, Saints and Steelers. Ameer Abdullah rushed for 94 yards against Minnesota (second in rushing defense) on Oct. 1 but that may not happen again as he hasn't sniffed that number in six games since. Matt Stafford struggled in his last clash with the Vikings (154 yards passing) and may do so again if his rushing attack can't keep the opposition honest. That could lead to plenty of sacks for the Vikings' vicious pass rush (27 sacks), who face the league's third-worst offensive line.

Meanwhile, the unheralded Vikings offense draws a favorable matchup with the Lions' 23rd-ranked defense. Minnesota's balanced attack, led by running backs Latavius Murray and Jerick McKinnon and bolstered by a well-protected Case Keenum (Minnesota's O-line has allowed just 10 sacks all year, best in the NFL), has recorded no fewer than 350 yards in each of its last five games. Bet on the Vikings to carve up Detroit as this week's best bet.

The pick: Vikings -3

LOS ANGELES CHARGERS AT DALLAS COWBOYS (E):
4:30 PM ON CBS

The Cowboys have been trounced in back-to-back weeks and draw a tough matchup with the Los Angeles Chargers on Thursday afternoon.

Dak Prescott has been rendered ineffective without left tackle Tyron Smith protecting his blind spot. Smith likely will not be 100% even if he does play on Thanksgiving, which could spell trouble for Prescott as he faces the NFL's third-ranked pass rush. The Cowboys have been getting ground gains in two weeks without Ezekiel Elliott and face the Chargers' league-worst run-stopping unit. But they need to be able to pass the ball effectively.

L.A. has covered in five of their last six tilts after making mincemeat of Nathan Peterman and the Bills on Sunday. Philip Rivers should be able to pick apart a Dallas defense that has sorely missed linebacker Sean Lee and safety Jeff Heath.

The pick: Chargers E

NEW YORK GIANTS AT WASHINGTON REDSKINS (-7.5):
8:30 PM ON NBC

The Redskins have been victims of a ridiculously tough schedule of late. But finally, they get some relief facing the bottom-feeding Giants.

New York's defense showed they still had some fire in them on Sunday as they smothered the fading Chiefs but will have to deal with Kirk Cousins, who's hit the 300-yard mark in two-straight contests. Cousins should have plenty of time to find his targets downfield against the moribund Giants' pass rush, which is tied for last in the league with just 14 sacks. New York's defense has also allowed the seventh-most yards per play, which makes Washington's offense that much more dangerous.

The Redskins' defense has been porous of late, but Eli Manning and company are not what they once were. Lay the points with Washington.

The pick: Redskins -7.5

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NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
DEUTSCHE BANK NATIONAL TRUST COMPANY, AS TRUSTEE ON BEHALF OF THE HOLDERS OF THE TERWIN MORTGAGE TRUST 2006-9HGA, ASSET-BACKED CERTIFICATES, TMTS SERIES 2006-9HGA, WITHOUT RECOURSE; Plaintiff(s)
vs. MOHAMMAD KABIR; NURUNNAHAR A. SHIMUL; et al; Defendant(s)
Attorney (s) for Plaintiff (s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about November 21, 2016, I will sell at Public Auction to the highest bidder at the Queens County Supreme Court, located at 88-11 Sutphin Boulevard, Jamaica, New York, in Court Room #25. On December 1, 2017 at 10:00 am. Premises known as 113-32 Colfax Street, Queens Village, NY 11429
Block: 11006 Lot: 30
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward of the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale.
Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $496,981.84 plus interest and costs.
INDEX NO. 13114/08
Richard M. Gutierrez, Esq., Referee

NOTICE IS HEREBY GIVEN that a license, Number 1306309, for Restaurant Wine, Beer & Cider has been applied for by the undersigned to sell Wine, Beer & Cider at retail in a Restaurant under the Alcoholic Beverage Control Law at 43 Underhill Ave., Brooklyn, NY 11238, for on premises consumption. L. A. Burrito III Inc.

NOTICE IS HEREBY GIVEN that a license, Serial # 1306383, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 26A Carmine St., New York, NY 10014. New York County, for on premise consumption. Chick & CO LLC.

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metro.us/games

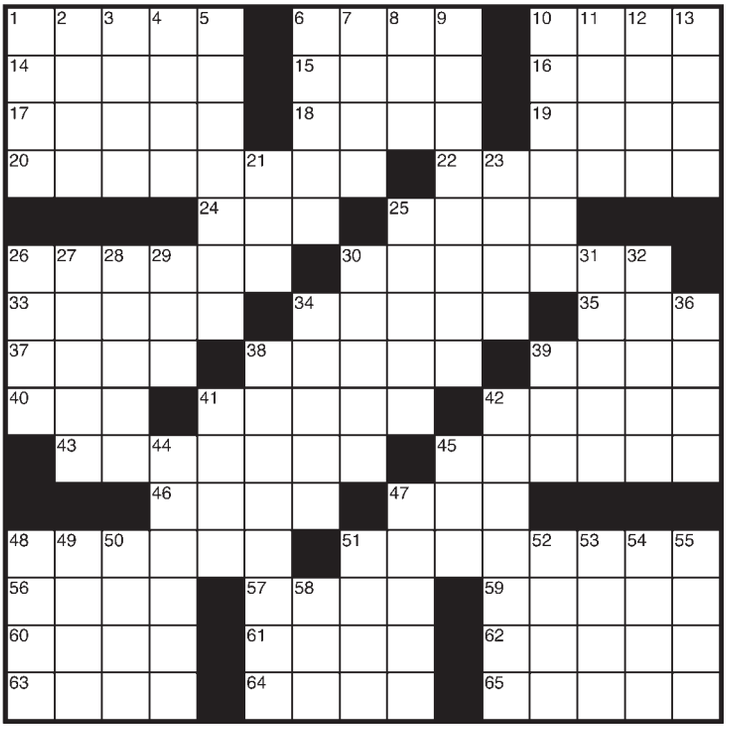
metro.us/crossword

Across

1 Kingdom
6 Slumps
10 Metallic element
14 Leave-taking
15 Toss
16 Bloodhound's clue
17 Green gemstones
18 To be, to Henri
19 Lady of Spain
20 Texas town
22 Final words (var.)
24 -- -de-sac
25 Gumbo veggie
26 Item to dunk (2 wds.)
30 Took to the cleaners
33 Drive forward
34 Foamy
35 Ring thing
37 Dreadful
38 Unusual sighting
39 Data amount
40 Bulldogs backer
41 More confident
42 Scruffs
43 Passed by
45 Not pro
46 Deep tracks
47 Portly
48 Work too hard
51 Credulous (hyph.)
56 Legend
57 Middle Ages quaff
59 BYU site
60 Pandora's boxful
61 Sea eagle
62 Buenos --, Argentina
63 Straphanger's lack
64 Get dizzy
65 Steel plow inventor

Down

1 Indian potentate
2 Mild Dutch cheese
3 Verdi masterpiece
4 Lascivious look
5 Broadway production
6 Sleeveless blouse
7 Traffic clogger
8 Canine warning
9 Glossiest
10 Gemini's locale
11 Adored one
12 Forbidden thing (hyph.)
13 Rocky ledge
21 Clumsy person
23 Zebras, to lions
25 Senior
26 Driftwood bringer
27 Rousseau novel
28 Showery time
29 Flower visitor
30 Showed vexation
31 Pyramid site
32 Discourage
34 Blisters
36 Phoenix neighbor
38 Buyer
39 Make illegal
41 Tater
42 Journalist's need
44 Detain
45 Boor
47 Cuban premier
48 Redding of R&B
49 Glen or dale
50 Ms. Fitzgerald
51 Diminish
52 Great Lake
53 Time long past
54 Happily -- after
55 Rx amount
58 Previously



metro.us/sudoku

easy

8	6			3				
	2				1	9		
							2	1
	1	9	3		7			8
	8	7				5	3	
3			4		2	7	1	
7	3							
		5	1				9	
				6			5	4

hard

	9		1					4
		1		2	4	9		7
2	3		8					
		3						2
	4		5		2		9	
1						5		
					3		5	1
4		7	2	5		8		
3					9		4	

metro.us/horoscopes

Aries Force may be your first response, but it isn't likely to get you very far. If you use your intelligence, there's a decent chance that you'll get your way.

Taurus Stay on track if you want to reach your goal. Refuse to let anyone upset you or disrupt your plans. Be kind to yourself and take time to rejuvenate.

Gemini If you get along with your peers, you'll get the help you require to take care of business. A positive change will result in a partnership with someone you respect.

Cancer A change in the way you take care of your health should include proper eating habits and physical fitness. Feeling better about your appearance will improve your attitude.

Leo Don't let the changes going on around you lead to a costly mistake. Change can be good, but don't act out of spite or emotional impulse. Intelligence will lead to victory.

Virgo Present what you've been working on or toward. The comments you receive should be considered. An unexpected turn of events will direct you into unknown territory.

Libra Problems will mount at home if someone isn't pulling his or her weight. Use your intelligence and provide incentives to help you get the extra help you need.

Scorpio Keep your end goal in sight. Don't be distracted by someone trying to interfere in your life and progress. Follow your heart, beliefs and vision.

Sagittarius Be careful how you handle powerful people who could influence your future. Someone will test your patience by pressuring or bullying you into doing demeaning jobs.

Capricorn Funnel your emotions into something important. You can bring about positive change to your status if you are open and about your motives and long-term plans.

Aquarius Listen and gather information. Knowing what you are up against will help you get what you want. Make negotiating on your own behalf priorities.

Pisces Get involved in ventures that will benefit you and those in your community or peer group. Joint efforts will bring good results and boost your reputation. EUGENIA LAST

Yesterday's answers

W	I	S	P		G	A	S		B	E	C	O	M	E
O	N	U	S		E	V	E		U	N	R	E	A	D
R	E	S	T	A	R	E	A		S	T	E	R	N	S
M	P	H		S	E	R	R	A	T	E	D			
S	T	I	C	K		T	E	N		R	I	C	H	E
			L	A	C		D	O	T		T	H	E	Y
	L	O	A	N	E	R		D	A	S		A	X	E
R	E	C	Y	C	L	E		E	R	U	P	T	E	D
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P	R	O	F		S	O	B		S	R	O			
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			A	U	D	A	C	I	T	Y		A	L	I
F	R	E	S	N	O		A	P	O	S	T	L	E	S
R	A	S	C	A	L		L	P	N		S	A	C	K
I	M	P	O	R	T		L	Y	E		K	I	T	S

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